



Sign up for your **FREE** Personal Training session and set up a beginner's workout tailored just for you! Free Training Consults are also available to those interested in our one-on-one training packages.

Individual ½ Hour Session Packages

- 1 – ½ hour session = \$ 25
- 4 – ½ hour sessions = \$100
- 8 – ½ hour sessions = \$180 (10% discount)
- 10 – ½ hour sessions = \$225 (10% discount)
- 12 – ½ hour sessions = \$270 (10% discount)

Individual 1 Hour Session Packages

- 1 – 1 hour session = \$40
- 4 – 1 hour sessions = \$160
- 8 – 1 hour sessions = \$288 (10% discount)
- 10 – 1 hour sessions = \$360 (10% discount)
- 12 – 1 hour sessions = \$432 (10% discount)

½ Hour Partner Sessions (2 clients)

- 1 – 1/2 hour session = \$35 (\$17.50 per person)
- 4 – 1/2 hour sessions = \$140 (\$70 per person)
- 8 – 1/2 hour sessions = \$252 (10% off) (\$126 per person)
- 10 – 1/2 hour sessions = \$315 (10% off)(\$157.50 per person)
- 12 – 1/2 hour sessions = \$378 (10% off) (\$189 per person)

1 Hour Partner Sessions (2 clients)

- 1 – 1 hour session = \$60 (\$30 per person)
- 4 – 1 hour sessions = \$240 (\$120 per person)
- 8 – 1 hour sessions = \$432 (10% off) (\$216 per person)
- 10 – 1 hour sessions = \$540 (10% off) (\$270 per person)
- 12 – 1 hour sessions = \$648 (10% off) (\$324 per person)

BWC's Personal Training Policy Appointments with a Fitness Instructor/Personal Trainer are to be scheduled in advance. To schedule an appointment, please stop by the trainer's desk or call 706-278-9355. Appointments will not be held past 15 minutes from the scheduled time. In order for your trainer to hold your scheduled time slot, the session must be paid in full.

